

## **Abstract**

**Title:** The effectiveness of conditioning program in the pre-season time in players of the KLH Chomutov ice hockey team.

**Objectives:** The main aim of this study is to determine the effectiveness of conditioning program before the season, using the Wingate Test. Another objective was to determine the load capacity in terms of the on-ice and off-ice training program. We also tried to compare the test results of younger and older players.

**Methods:** During the actual implementation of the thesis, we used selected diagnostic instruments that characterize the level of velocity - power assumptions of ice hockey players in the men's category. For testing we used the Wingate Test. The tests were applied before and at the end of the pre-season time. During the reporting period, we evaluated changes in the level of individual indicators of the Wingate Test.

**Results:** The results show that the off-ice and on-ice conditioning programs do not have the same volume and content of the load. Increased volume and content of the load was observed in the on-ice conditioning program. The content of off-ice conditioning program in the pre-season time in ice hockey is a non-specific activity focused mainly on development of speed-strength abilities. The on-ice training program increases the proportion of the development of condition-specific activities in training and game practice. The vast majority of players displayed certain improvement of speed-strength abilities during the pre-season time. Due to their long-term training experience, the older players did not progress as much as the younger ones. The group of younger players showed a greater increase in speed-strength abilities than the group of older players. The results emerged from the retest of the Wingate Test at the end of the pre-season time.

**Keywords:** Ice-hockey – conditioning programs – Wingate test